



United States Department of Agriculture

Food and Nutrition Service

Welcome to Wellness: Putting School Nutrition Legislation into Practice

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Legislative Background

- Reauthorization Discussion
- Section 204 of P.L. 108-265
- USDA's HealthierUS School Challenge

School Wellness Policy: Why?

- Reaches beyond USDA-funded meal programs to influence childhood health
- Puts responsibility at the local level
- Recognizes the critical role of schools in curbing the epidemic of childhood overweight
- Provides an opportunity for school districts to create an environment conducive to healthy lifestyle choices

School Wellness Policy Provisions

Must contain the following components:

- ✓ Appropriate goals for *nutrition education, physical activity and other school based activities* designed to promote student wellness
- ✓ *Nutrition guidelines for all foods available during the school day*, with the objectives of promoting student health and reducing childhood overweight

School Wellness Policy Provisions, Cont'd.

- ✓ Assurance that *guidelines for reimbursable school meals shall not be less restrictive than regulations* and guidance issued by the Secretary of Agriculture
- ✓ A plan for *measuring implementation of the school wellness policy*, including designation of at least one person to maintain responsibility for program operation

School Wellness Policy Provisions

Required involvement

- ✓ Parents
- ✓ Students
- ✓ Representatives of the SFA
- ✓ Representatives of the School board
- ✓ School administrators
- ✓ Members of the public

USDA Responsibilities for Development of Local Wellness Policies

- ✓ Provide technical assistance, applicable examples, and best practices for LEAs, school food authorities, and State Agencies
- ✓ USDA in coordination with:
 - Department of Education (ED)
 - Centers for Disease Control (CDC)

Status of Technical Assistance

Formation of a Working Group

- Food and Nutrition Service, USDA
- Office of Safe and Drug Free Schools, ED
- Division of Adolescent and School Health, CDC
- National Food Service Management Institute



Role of Working Group

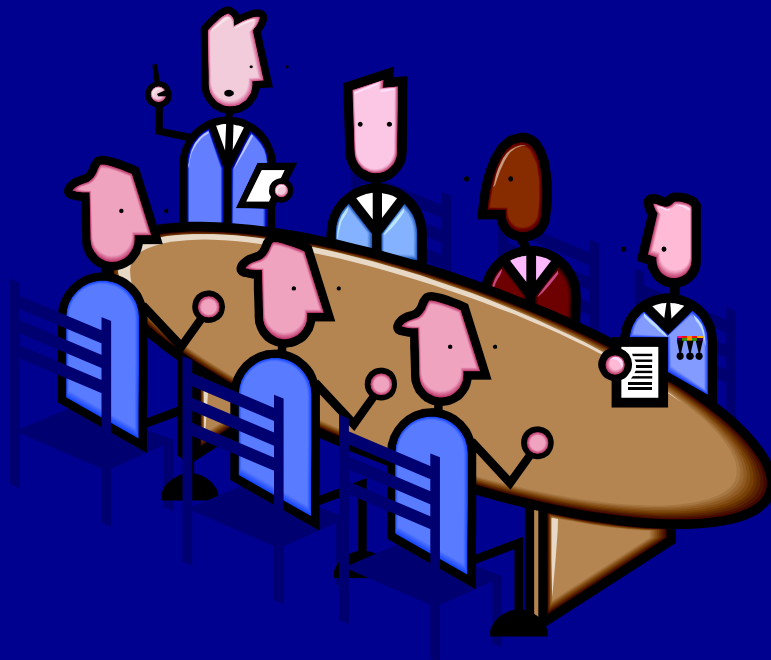
- Search and identify examples, models, best practices, resources, and model policy language
- Develop and post user-friendly web pages
- Communicate with State agencies and local educational agencies

Formation of Collaborators

Representatives from non-profit school and/or health related professional organizations who have demonstrated interest and efforts in working in the school health arena.

Role of Collaborators

- Provide input and comment on resource development
- Assist in identifying local school district models & resources
- Assist LEAs, through local membership, in establishing, implementing, and sustaining local wellness policies.



Web-Based Technical Assistance



www.fns.usda.gov/tn



*Click on Local Wellness Policy or
Healthy Schools*

Local Wellness Web Pages

Key Links

- Policy Requirements
- Basic Steps
- Sample Policies
- Other resources

Policy Requirements Links

- Statutory Requirement of a Local Wellness Policy
- Components of a Local Wellness Policy
- Who should be involved
- Sample Nutrition and Physical Activity Policies
- Other Resources

Components of a Local Wellness Policy

- **Nutrition Education** (sample model language)
 - ❑ Students in grades pre-K through 12 receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
 - ❑ Nutrition education is offered in the school dining room as well as in the classroom, with coordination between the foodservice staff and teachers.
 - ❑ Students receive consistent nutrition messages throughout the school, classroom
 - ❑ State and district health education curriculum standards and guidelines include nutrition education and physical education
 - ❑ Etc.

Components of a Local Wellness Policy

- **Physical Activity** (sample model language)
 - ❑ Students are provided opportunities for physical activity during the school day through daily recess periods, elective physical education (PE) classes, walking programs, and the integration of physical activity into the academic curriculum.
 - ❑ Students are given opportunities for physical activity through a range of after school programs including intramurals, interscholastic athletics, and physical activity clubs.
 - ❑ Etc.

Components of a Local Wellness Policy

- Nutrition Standards for All Foods Available on School Campus During the School Day (sample model language)
 - ❑ Guidelines or standards are established for foods and beverages sold la carte in the school cafeteria
 - ❑ Guidelines or standards are established for foods and beverages sold in vending machines, snack bars, school stores, and concession stands.
 - ❑ Guidelines or standards are established for foods and beverages sold as part of school-sponsored fundraising activities.
 - ❑ Etc.

Components of a Local Wellness Policy

- **Other School-Based Activities** (sample model language)
 - ☐ Space that is adequate to accommodate all students and pleasant surroundings that reflect the value of social aspects of eating are provided.
 - ☐ Enough serving areas are provided to ensure student access to school meals with a minimum of wait time.
 - ☐ Adequate time to enjoy eating healthy eating with friends is provided.
 - ☐ Food or physical activity is not used as a reward or punishment.
 - ☐ Etc.

Sample State Agency Nutrition and Physical Activity Policies

- ✓ Arkansas's *Child Health Advisory Committee Recommendations*
- ✓ Arizona's Action for Healthy Kids State Team *School Nutrition-Healthy Environment Model Policy*
- ✓ Colorado's *School Site Resource Kit: Implementation Guide for the Colorado Physical Activity and Nutrition State Plan 2010*
- ✓ North Carolina's *Eat Smart: Recommended Standards for All Foods Available in School*
- ✓ Rhode Island Healthy Schools Coalition's *Model Policy Language for School District Nutrition & Physical Activity*
- ✓ South Carolina DOE's *Recommendations for Improving Student Nutrition and Physical Activity, 2004*
- ✓ Others

Sample District Nutrition and Physical Activity Policies

- ✓ Poude, CO School District
- ✓ Los Angeles Unified School District
- ✓ Philadelphia Elementary, Middle, and High Schools
- ✓ Others to be identified

National Publications

Federal and Non-Governmental

- ✓ Team Nutrition's *Changing the Scene: Improving the School Nutrition Environment—A Guide for Local Action*
- ✓ CDC's *Guidelines for School Health Programs to Promote Lifelong Healthy Eating* and *Guidelines for School and Community Programs to Promote Lifelong Physical Activity Among Young People*
- ✓ CDC's *School Health Index: A Self-Assessment and Planning Guide*
- ✓ USDA's *HealthierUS School Challenge*
- ✓ NASBE's *Fit, Healthy, and Ready to Learn*
- ✓ Others

The Local Wellness Policy Web Pages



Will be expanding as resources are
identified and reviewed